



It's all smiles and sunshine in this photo! The HCS Lifeskills group enjoyed harvesting sunflowers from the Jaarsma farm to use for crafts and maybe something tasty too.

HCS App

New classes and groups have been created on the HCS app and so we ask that all parents and high school students be sure to subscribe to those that apply to them.

- *Choose the Classes tab, then tap the gear icon (top right) to select your Classes*
- *Choose the Groups tab, then tap the gear icon (top right) to select your Groups*

If at any point a new class or group is created, we will be sure to let you know to subscribe.

Elementary School Supplies

The cost of elementary school supplies has increased to \$45 this year. We ask that your amount owing be paid by the end of this month. You can either pay by cash or cheque at the office, or there is an option to e-transfer the amount to kim.vanb@houstonchristianschool.ca (please put 'school supplies' and your name in the memo.) Thank you!

Permission Slips

We still have a few families who have not yet returned their purple permissions slip. We ask that you please try to return this form to the office as soon as possible. If you are in need of another copy, please let the office know.

HCS Apparel Store

Our online webstore is open for the month of September. Click [here](#) for our webstore, or visit [smokescreengraphics.com>webstores>HCS School Clothing](http://smokescreengraphics.com/webstores/HCS_School_Clothing)

**On Thursday,
September 21,
dress as your
favourite**



What's Happening at HCS?

September 21 (Thursday) - Superhero Day - Dress as your favourite 'Caped Crusader'

September 28 (Thursday) - Individual & Class Photo Day

October 2 (Monday) - Day for Truth & Reconciliation Observance - NO SCHOOL

Lifetouch Canada has recently notified us that due to a staffing shortage they **will not be returning to the north to offer photo retakes**. We ask that you please prioritize your child's attendance on this day.

Secrets of discipline: 12 keys for raising responsible children: *a presentation by Author Ron Morrish*

On **October 5 at 7:30 pm**, Ebenezer Canadian Reformed School will be hosting author and speaker, Ronald Morrish, at Bethel United Reformed Church in Smithers. The presentation is based on his book "Secrets of Discipline." Morrish has a solid understanding of how to make discipline work effectively both in the home and in the school. In this presentation, he will equip listeners with keys to more effectively teach their children how to conduct themselves with grace, responsibility and respect. More information about Mr. Morrish can be found on his website [Behavioural Consultant | Ronald Morrish \(realdiscipline.com\)](http://Behavioural Consultant | Ronald Morrish (realdiscipline.com)).

From his website:

"Our children live in a world of social networking and constantly changing technology. Their "heroes" are from the entertainment industry... Entitlement seems to have replaced hard work as a road to success. Given all these issues and pressures, parents keep searching for effective ways to help their children learn respect and responsibility, values and character. From the foundation-setting of early childhood to the complexity of adolescence, this seminar provides parents with a host of practical, common-sense strategies for raising responsible children. Parents take away many great ideas that they can start using the very next day."

Copies of Ron's book, "The Secrets of Discipline," will be available to purchase at the church at a discounted price of \$10.00.

Fit to Flourish

A quick and healthy tip for parents when preparing foods for school lunch is to incorporate colorful fruits and vegetables. Try to include a variety of colorful options like cherry tomatoes, carrot sticks, sliced bell peppers, berries, or apple slices. These colorful foods are not only visually appealing but also packed with essential vitamins, minerals, and antioxidants that support your child's growth and immune system. Plus, kids are often more inclined to eat foods that are vibrant and fun.



MEET THE NEW HCS STAFF



We are excited to welcome Patty Brown to the HCS office. Beginning October 2nd, Patty will be taking on a full-time role, bringing her skills, enthusiasm, and commitment to our team. Welcome, Patty!



We welcome Emily Duzan as a new support staff member and are delighted to have her working part-time in the high school. Welcome to the team, Emily!



We extend an official welcome to Michelle Dykstra as she joins our support staff team. She is a familiar face in our halls, volunteering in the library and filling in support roles last year. Welcome, Michelle!